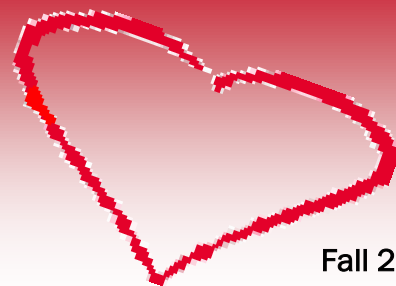


Matters of the Heart

Take Heart Alaska's Quarterly Newsletter

Issue #2

Fall 2008



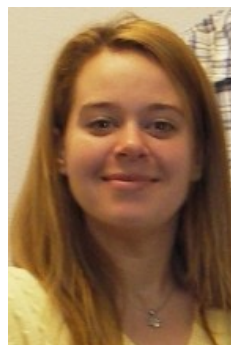
Heart Disease and Stroke Prevention (HDSP) Program Updates

In the previous edition of "Matters of the Heart," readers were introduced to HDSP program staff, who are employees of the State of Alaska Division of Public Health's Section of Chronic Disease Prevention and Health Promotion. The HDSP program is funded by the Centers for Disease Control. The HDSP program provides support for the Take Heart Alaska Coalition, including administrative assistance with scheduling, recording, and reporting of THA workgroup meetings, involvement with various workgroup projects, and wellness expertise in relation to cardiovascular disease.

HDSP staff members are: Lee Peterson, program manager; Russ Stevens, public health specialist; Tami Bell, admin clerk; and Andrea Fenaughty, epidemiologist/evaluator.

HDSP Program member Highlight: A Health Success story: Tami Bell

DO THE MATH! Adding up calories resulted in subtracting pounds for Tami Bell...90 lbs to be exact! After a "tough love" message from a friend a year ago, Tami decided that she was sick of the fat and she would be more mindful of her eating. She was ignoring her weight and didn't even own a scale. She searched the internet to determine the calories she needed and began making healthier choices. She made the calorie counter work for her. She chose smaller portions and halved some of the usual suspects, like bread in sandwiches, and limited her liquid calories. It soon became clear that she feels better saving calories for nutritious food rather than spending them on junk. Tami doesn't think it's expensive to eat well and has found some really super fast foods, like fruits and veggies and yogurt. Sometimes junk food happens but Tami gets back on track by balancing the overindulgences with a little less the next day. She doesn't forget her goal, forgives her lapses, and moves forward with a positive attitude. The extra weight made it difficult to move comfortably but now she is setting her sights on losing the last 10-20 lbs by increasing her physical activity. She may just bust out running and hop over any obstacle in her way. That may help with her next challenge to quit smoking by her next birthday so she can reflect on her accomplishments. When Tami puts her mind over matter, anything can happen!



**Take Heart
Alaska**

In this Issue:

Take Heart News	2
THA Updates	3
THA Stroke Prevention	4
Take Heart Calendar	5

Subcommittee Minutes

Click to link to document....

- [Steering Committee](#)
- [Public & Professional Education](#)
- [Alaskans Promoting Physical Activity](#)
- [Eat Smart Alaska](#)
- [Secondary Prevention](#)
- [Worksite Health Promotion](#)
- [Stroke Task Force](#)

In memory of Bonny Sosa

Lifelong Alaska resident, Healthy Futures “Get Active”-ist, and Take Heart Alaska member Bonny Kay Sosa, 50, died suddenly of a brain tumor Aug. 7, 2008, at Providence Alaska Medical Center while surrounded by her loving family. “Until the end, she was full of grace, humor and compassion,” her family wrote.

In 2003, she and her husband founded Healthy Futures as an umbrella organization to unite communities behind a grassroots effort to empower kids to develop healthy habits. More than 14,000 students from 72 schools participated in the most recent annual statewide program.

An avid recreational runner herself, Bonny sought to increase the number of youth events in Alaska. Her message: It's about participation rather than winning, about having fun by keeping active. The Municipality of Anchorage announced that their Tuesday Night Running Series will be renamed the Bonny Sosa Tuesday Night Running Series. "Bonny changed the way Anchorage thinks and plays in such a positive way," said Jeff Dillon, Anchorage Parks and Recreation.



Bonny never sought awards, but in dedicating countless volunteer hours to the community, they came her way: 1990 ACVB "Wild" Recognition Award for Exceptional Service from ACVB; 1996 Landmark Illumination; 1996 Mayor's Award for Public Service; 2000 Anchorage School Business Partnership Star Award; 2001 Outstanding Leadership, National Association of Partners; ASD Outstanding Volunteer; Outstanding Contribution to Communities, AAHPERD; and Gov. Sarah Palin proclaimed November as Healthy Futures Month.

Bonny is survived by her husband Sam Young; sons Lucas Sosa, Tanner Young, Gunnar Young; sister Debbie Hinchey and brother-in-law Ken Hinchey, sister Charlene Brown; brother Ed Brown and sister-in-law Heidi Brown; nieces Casey Carruth-Hinchey and Brandi Brown, nephews Garret, and Blake Brown, and parents Charlie and Carolyn Brown.

Updates

Steering Committee

Chair: VACANT

As you may have heard, Steve Johnson resigned his Steering Committee Chair position in January. We wish Steve the best in his new duties as the Municipality of Anchorage's Cities Readiness Initiative Coordinator.

Losing Steve means that we are temporarily without a Chair. One of the main objectives for the face to face meeting in September will be to elect a new chair, so if you have worked with someone in the past that you think would be good candidate, please contact either Russ Stevens or Lee Peterson to submit a nomination. We will contact that person to assess their interest in accepting a nomination.

Martha Pearson earns Master Certified Tobacco Treatment Specialist credential

SITKA - Martha Pearson of Sitka, a health educator for the Southeast Alaska Regional Health Consortium (SEARHC) WISEWOMAN program, recently became the first person from Alaska to earn the Master Certified Tobacco Treatment Specialist (CTTS-M) credential.

Pearson earned her CTTS-M credential from the University of Massachusetts Medical School. To earn the credential, she had to undergo extensive training in tobacco dependence treatment, have a minimum of 2,000 hours of experience specifically in delivering tobacco dependence services, and meet all of the requirements for UMass Medical School certification, including an exam, performance review, take the online course "Basic Skills for Working With Smokers" and take a TTS Core Certification five-day course in Worcester, Mass.

"My master certification is the result of five years of tobacco cessation practice, coursework and testing," said Pearson, who provides tobacco cessation services through her work with the WISEWOMAN program. "When a person is ready to quit tobacco for their health and the health of their family, I feel good knowing that my training and experience can help them achieve that goal."

Quitting tobacco is one of the toughest lifestyle changes to make and one of the most important for health, Pearson said. It's not just about will power, Pearson said, and the combination of counseling and nicotine replacement therapy (NRT) is shown to be the most effective way for most people to quit tobacco.

The SEARHC Tobacco Program and Sitka Community Hospital have partnered so they both can offer one-on-one tobacco cessation counseling and access to nicotine replacement therapy to all Sitkans. The SEARHC Tobacco Program can be reached at 1-888-966-8875 (toll-free in Southeast Alaska), or SEARHC patients can call 766-6315 in Haines, 364-4440 in Juneau or 966-8721 in Sitka. The Alaska Quit Line (1-888-842-7848) also is free and it offers 24-hour statewide counseling and nicotine replacement therapy.

